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FIFA WORLD CUP FEVER: WE'VE GOT YOU COVERED

CHECK OUT WHAT A NEAR BILLION-DOLLAR DREAM TEAM WOULD LOOK LIKE, AND WHICH CRITTERS ARE KEEN TO FOLLOW IN PAUL THE OCTOPUS'S TENTACLES

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It's app-ening right before your eyes

See the entire process from creating an app, to beta-testing it, to the launch at this business expo

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Cops widen search for escapees

Police looking for three men who flew away, movie-style, from a Quebec prison in a helicopter

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How do you practice safe shopping?

A 'credit card condom' is for those prone to forget the reality of their financial circumstances

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A WEE CABER CAPER

Woodfield resident Wes Kinghorn's getting ready to toss the caber — and you can join in, too. It's all part of a big party to celebrate the history of the London neighbourhood. The caber is new to this year's event and Kinghorn got quite creative with finding materials to make it. Story on page 6.

MIKE DONACHIE/METRO

Urban forest improvements will cost money

Tree canopy. It's about more than the money associated with planting trees, forestry manager says



**MIKE
DONACHIE**

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If we want more trees, it's going to cost us.

There's no getting away from that conclusion, the man in charge of London's tree strategy says as he begins revamping the plan on the instructions of city councillors.

There was a surprise at city hall last week when the planning committee said London's tree cover targets weren't ambitious enough. The goal is to turn around a decline that's seen the tree canopy decline to 22.9 per cent from 24.7 per cent in six years, due to factors like bugs, weather, construction and more. A proposal tabled at the planning meeting called for targets of 25 per cent cover by 2035 and 32 per cent by 2065, but, politicians said, that needs tweaking.

So now the targets — and the amount of money it will

take to meet them — will be increased. Urban forestry manager Ivan Listar says it's too early to say how high the targets will be or how much will need to be spent.

Already, depending on annual budget decisions, figures north of \$20 million have been mentioned to pay for the original targets. That number is expected to grow the more ambitious the city gets.

"I think one of the things we need to do is to make sure that whatever targets we set are doable, that they are attainable," Listar said. "We need to make sure that we develop plans and budgets and identify resources to be able to retain those targets."

It will mean spending, he said. It's unavoidable. The city will need to hire more staff and invest in more programs if it wants higher targets to be met, Listar said.

"It's not just about planting trees," he explained. "We need to plant them. We need to maintain them through their whole life. We need to mon-

itor how they're doing. We need to protect existing trees, and we need engagement to make it happen."

The first person to demand higher targets at the planning committee meeting was Dean Sheppard, executive director of ReForest London. He says the next few years will be crucial to what London's tree cover looks like in 20 years or more because trees take time to grow. "We need to act now," Sheppard said. "There needs to be a strong sense of urgency to get more trees planted now."

He agreed with Listar that a variety of initiatives — including tree retention and earlier intervention when there are problems for a tree — will bring benefits and that getting the public involved is crucial.

But support from councillors for higher targets could be the most crucial moment for the future of the urban forest.

"This is a great opportunity," Listar said. "I think that it really shows that council is supporting what our residents have been telling us."

Quoted

"It's more than just planting trees. It's all about the life cycle of the trees."

Ivan Listar, urban forestry manager

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Sexual assault victim to face abuser in court

Civil trial. Former minor hockey official admits to deed, but will represent himself, cross-examine victim



SCOTT TAYLOR
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Paulie O'Byrne will admit he's come a long way since being sexually assaulted by the head of the Delhi Minor Hockey Association in September 2006.

But he knows there's still a very long road ahead.

O'Byrne was 21 when Randy Fakelman inappropriately touched him while Fakelman was icing O'Byrne's knee.

Fakelman has since pleaded guilty to sexual assault and was sentenced to house arrest, but the civil trial is set to begin June 16 in Simcoe with one very large wrinkle.

Fakelman is expected to represent himself.

"I'm having a tough time with the fact that the man who sexually abused me gets to cross-examine me," O'Byrne said. "How I'll get through that I have no idea, but I work with a lot of coun-

Quoted

"I'm having a tough time with the fact that the man who sexually abused me gets to cross-examine me."

Paulie O'Byrne, a victim of sexual assault, talks about the upcoming civil trial in which his assaulter is expected to defend himself.

sellors and I'm going to have a pile of support there."

The hearings are expected to last five days.

"It's tough right now," O'Byrne said. "It's tough to get through day by day, but I'm doing it right, and I now have five months of sobriety."

O'Byrne, slim and looking younger than his 29 years, has survived suicide attempts and substantial substance abuse since the incident occurred.

Once the civil trial is over, he plans to raise funds and create awareness of youth mental illness by stick-handling a ball across the country.

The marathon is expected to begin in September in Newfoundland.

His story has gained him Twitter followers from around the world, something he still finds hard to believe.

"It's become something that's way bigger than I ever thought," he said.

"The more people that I help out, the better I'm feeling. Youth mental health has really become an epidemic and it's something I want to improve."



Paulie O'Byrne was 21 when the former head of a minor hockey association sexually assaulted him. SCOTT TAYLOR/METRO

Conviction

The minor hockey head was sentenced to house arrest and probation for the 2006 incident.

1 NEWS

Change that Makes Sense for London North Centre

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226-663-9481

Judy Bryant

- City Councillor for over 10 years representing the people of Ward 13
- Board member at the London Downtown Business Association
- Advocate for London's natural and cultural heritage



Snap up a chance to see an app happen right before your eyes

Southwest Business Expo. Londoners helped choose project; now help develop it



MIKE DONACHIE
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The chance to watch an app come to life is being offered by a London company.

And the idea, being brought to fruition by web strategy and development company Simalam, was chosen by Londoners.

The unusual project is called App-in-a-Snap and will be on show to the public this week at the Southwest Business Expo, run by the London Chamber of Commerce. People can see the entire process of creating an app, help beta test it and be there for the launch — all in real time.

"We always tell our clients that we should test with

users and get user input," said Simalam creative director Adam Malamis. "So if we're doing an app with the London community, we should do it at a big show in London."

Followers of the Twitter hashtag #LdnOnt, which links people who want to be noticed in London, were asked to choose one of three ideas for social apps needed by the community.

There was one to help people choose a lunch spot, one to connect active people and one to list events happening in the city.

The last idea generated the most interest. As a result, project leaders are setting out to create Our Night Out, which will provide details on art shows, concerts, sporting events and more.

"Our mandate as an agency is to support the London community," said Malamis. "Each of us is a transplant, meaning we didn't grow up here, so we want to be involved in the community."



Simalam staff get ready for app-tion. From left: Diana Caballero, Mike Gibbons, Adam Malamis and Chris Mudge. MIKE DONACHIE/METRO

Coun. Paul Van Meerbergen to seek re-election



Coun. Paul Van Meerbergen
CONTRIBUTED

The last name in the council chamber has been checked off the list.

Coun. Paul Van Meerbergen will seek a fourth term on city council, papers filed at city hall show. The Ward 10 representative was the only person on the 15-member council who had not stated his intention for the municipal election on Oct. 27.

That means, of the 14

councillors, nine are running again — unless something changes before election day. They are Bud Polhill, Bill Armstrong, Joe Swan, Stephen Orser, Paul Hubert, Denise Brown, Harold Usher, Sandy White and Van Meerbergen.

Swan, whose name has been linked in some media reports with a possible run for mayor, has said he will run for council but hasn't yet filed.

Couns. Joni Baechler, Dale Henderson, Nancy Branscombe and Judy Bryant have said they won't run again. Branscombe is the PC candidate challenging Liberal MPP Deb Matthews in London North Centre, and Bryant is running in the same riding for the New Democrats.

Then there's the race for mayor.

Coun. Matt Brown is leav-

ing his seat so he can try for the top job, and incumbent Joe Fontana has said he will file re-election papers this month.

On Friday, Fontana will find out if he's guilty of three criminal charges — breach of trust by a public official, fraud under \$5,000 and uttering forged documents — after his high-profile trial last month.

In Ward 10, Van Meerber-

gen — who's been a councillor since 2003 and last time secured more than 79 per cent of the vote in his ward — currently faces two challengers: Virginia Ridley and Bradley Robichaud.

Van Meerbergen ran for federal office for the Conservatives in London North Centre in 2008, losing out to Liberal Glen Pearson.

MIKE DONACHIE/METRO

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June 6-14

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TIM HUDAK IS THREATENING LONDON

Tim Hudak boasts about getting Ontario working.
But here in London he plans to eliminate **7,116** workers,
boosting local unemployment by up to **2.7%***.

TIM HUDAK'S PLAN:

**"More extreme
than the Harris
years"**

Toronto Life

"Quite bogus"

iPolitics.ca

**"Incredibly
stupid"**

The Telegram

**"Radical and
rash"**

Globe & Mail

**"Don't match
their numbers"**

Ottawa Citizen

**"Harris on
steroids"**

Waterloo Region Record

Working families in our community will pay the price for Hudak's plan to give tax breaks to big business. One in six public sector jobs will be lost, many in healthcare and education.

Our family, our friends, our community are all at risk.

Can we really trust Tim Hudak and the Ontario PCs?



New study. Tougher penalties credited for drop in driving fatalities

A new study from Western University shows tougher laws regarding street racing and aggressive driving are making a difference.

Since the legislation took effect, there have been nearly 60 fewer speeding-related injuries and fatalities among males 16 to 24 years old, the study found.

That means about 700 fewer young men have been injured or killed in speeding-related crashes each year since the law was passed.

Under the law, drivers caught going 50 kilometres per hour over the speed limit or taking part in things like racing or stunt driving can have their licences suspended immediately and their vehicles impounded for seven days.

The study looked at data from Jan. 1, 2002, to Dec. 31, 2011.

From the time the new law hit the books on Sept. 30, 2007, to the end of 2011, more than

Quoted



"We know from my earlier research that street racing and extreme speeding (are activities) that typically younger males are more likely to engage in."

Evelyn Vingilis, professor in family medicine, epidemiology and biostatistics at Western University's Schulich School of Medicine & Dentistry

24,000 driver's licences were suspended for violations, nearly 8,500 of them in the first year alone.

Western professor Evelyn Vingilis, who led the study, says the findings support the theory that certain "swift and severe sanctions" can deter risky driving behaviour. **METRO**

Middlesex Centre. Londoners face charges after alleged car theft

Two London men have been arrested by the OPP in a joint operation involving a car that was reported stolen.

Officers from London, Middlesex County, Oxford County and Huron County were involved in the incident, which started at about 1:23 a.m. Thursday.

A vehicle reported as stolen in London was seen being driven at high speed on Richmond Street in Lucan-Biddulph Township, Middlesex County.

Cops used a spike belt and

the vehicle stopped south of Ten Mile Road in Middlesex Centre.

The occupants fled on foot but were tracked in a search that involved a police dog. Two men were arrested.

Ronald Towle, 31, and William Turner, 25, are charged with possession of property worth more than \$5,000 obtained by crime.

Towle also faces charges of failing to comply with bond and probation conditions.

Both are expected to appear in court in London. **METRO**

London-St. Thomas

Unemployment drops in May

There's a better picture for workers in London-St. Thomas after the unemployment rate fell.

It was down to 7.7 per cent in May, Statistics Canada said, after sitting at eight per cent in April and 8.2 in March.

The number of people working increased by 1,100, too, adding to the healthy picture.

METRO

Traffic delays

Richmond Street lane reductions

Driving on Richmond Street in north London could take a little longer this summer, thanks to construction work.

The city is advising motorists that Richmond Street North will be reduced to one lane in each direction south of West Brough's Bridge throughout June. The lane closure starts Monday.

METRO



Illuminate London lights up the night

What it may have lacked in the form of a physical test — although runners were encouraged to run the two-kilometre circuit through downtown London as often as they wished — the first annual Illuminate London kept its promise of being the most fun you can have running in the dark. An estimated 300 to 400 people gathered in front of Centennial Hall and were led through the course by a motorcycle police escort shortly after 9 p.m. After their run, a party waited for runners inside Centennial Hall. The event was in part a fundraiser for the Investors Group Children's Charitable Fund.

MARK SPOWART/FOR METRO

Closure nears for Kingsmill's store

Within 6 weeks.
Third of department store's staff have already been laid off



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The closure of Kingsmill's is looming ever closer, one of its liquidators has said, and is likely to happen within four to six weeks.

Rex MacKenzie said the end of the downtown retail-

er's final sale is nearing, and, already, the 60 staff in the store have been reduced by about half.

MacKenzie, with Roger LaPlante, heads specialist liquidations company SCG Solutions Consulting Group, which came in from Vancouver to manage the closure of the historic department store and the sale of all its contents.

"Things are going fantastic," MacKenzie said. "The sale's been a great success."

"We're just finalizing emptying out warehouses and bringing everything to the store. A store this size has

warehousing. When we started the sale, the warehouses were full. We're selling the lot."

The liquidators are moving through the store, department by department, clearing out stock. The china department on the fourth floor is empty and now being used to store fixtures that will be offered for sale "in the next couple of weeks," MacKenzie said.

Some items, including cabinets, date from the 1930s.

"People are being very receptive to Kingsmill's, and now we're getting into

Final days

Kingsmill's is closing because president Tim Kingsmill is retiring.

- His great-grandfather founded the Dundas Street store in 1886.

- The building and business remain for sale, but no deal has been finalized.

the final phases of the sale," MacKenzie added.

Bygone days, plus a little bit of Scotland

Woodfield will be celebrating its history on Saturday, with help from a Scotsman, a crowd and some pool noodles.

The people of the downtown neighbourhood are putting together the Historic Woodfield Street Fair. It happens from 11 a.m. to 3 p.m. and the varied program in-

cludes a mini-highland games.

The caber to be used at the games, explained Woodfield resident Wes Kinghorn, is made from three pool noodles stuck together. Nobody wants to use a heavy wooden caber in case someone accidentally kills an Englishman.

It's the first time the Scot-

tish attraction has been officially offered, although some adventurous types had a wee try last year, on the spur of the moment.

The street fair is on Princess Avenue from Palace Street to William Street.

It includes horse and carriage rides, croquet, kids'

games, live music and a big tree sale by ReForest London. Also on the programme is a bike-decorating contest, a bar-becue and more.

MIKE DONACHIE/METRO

Follow Mike Donachie on Twitter @Mike_Donachie



Two-truck collision turns highway into parking lot

**Highway 401 at
Dorchester Road.**

Westbound lanes
closed for hours



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TAYLOR

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All westbound lanes of Highway 401 were closed at Dorchester Road for hours Sunday after a transport truck collided with a fuel truck, jack-knifed and rolled onto its side just after 11 a.m.

Making the situation more difficult and dangerous for first responders was a diesel fuel leak from the fuel truck that had to be quickly contained.

Traffic was backed up through Ingersoll by 2 p.m., as workers attempted to clean the debris and remove the truck from the roadway.



A transport truck rolled onto its side after colliding with a fuel truck and blocked traffic just east of London Sunday. SCOTT TAYLOR/METRO

Non-fatal collision

The driver of the transport truck was taken to hospital with non-life-threatening injuries.

- As of late Sunday afternoon, it wasn't known if charges would be laid against either of the drivers involved.

OPP officers were guiding vehicles off the highway and on to Dorchester Road while the work and the investigation continued.

The driver of the transport truck was taken to hospital with non-life-threatening injuries. As of late Sunday afternoon, it wasn't known if charges would be laid against either of the drivers involved.

The cause of the collision was still under investigation at that time.

Kipps Lane. Man accused in alleged home invasion

An Oshawa man faces a slew of charges after an alleged home invasion on Kipps Lane. London police say the man, who had a gun, and an unidentified woman forced a female resident back inside after she answered a knock at her door on the evening of May 29.

Jonathan Gingras was captured in Oshawa and faces

several charges. The woman and the gun haven't yet been located.

Anyone with information about this incident is asked to call the London Police Service at 519-661-5670 or to report information anonymously to Crime Stoppers at 1-800-222-TIPS (8477) or londoncrimestoppers.com. METRO

Doidge Park. Man arrested after allegedly aiming pellet gun at people

A 34-year-old London man faces a weapons charge after London police officers allegedly found him in Doidge Park on Wellington Street armed with a pellet rifle with a scope attached to it. He also had two cans of pellets with him at the time.

Police say Sackdavone

Ounsamone was aiming the Phantom pellet gun at people playing inside the park on June 7 at about 3:46 p.m. There were no reports that he had actually fired at anyone. He's charged with possession of a weapon dangerous to the public peace.

SCOTT TAYLOR/METRO



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Search widens for inmates who escaped in helicopter

Brazen jailbreak.

Police on alert across Canada, in the U.S., and abroad for three inmates from Quebec detention centre

The search widened Sunday for three Quebec inmates facing murder charges who used a helicopter to make a brazen escape from jail a day earlier.

Authorities were put on alert across the province, in the rest of Canada, and in the United States, according to Quebec provincial police.

"We have co-operation with all the police forces across the country and abroad also," said Sgt. Gregory Gomez.

"We have many, many officers who are scattering all



From left, Denis Lefebvre, 53, Serge Pomerleau, 49, and Yves Denis, 35, are shown in police handout photos. The inmates escaped from the Orsainville Detention Centre in Quebec City Saturday. SURETE DU QUEBEC

the areas possible. Investigators are, of course, checking every lead."

Police were reluctant to provide many details about their investigation for fear the escapees could be mon-

itoring media reports. The escapees were identified as Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49.

The men fled from the Orsainville Detention Centre in suburban Quebec City

centre, then quickly took off again heading west, police said. It's the second helicopter jailbreak in the province in 15 months.

The three men were originally arrested on drug trafficking and gangsterism charges in 2010, according to police. Denis is also facing first-degree murder charges, while Lefebvre and Pomerleau are facing charges of murder and conspiracy to murder, according to the Quebec provincial police website.

Police said the men were swept up in a 2010 police operation called Operation Ecrevisse (Project Crayfish), aimed at bringing down a drug trafficking ring in north-western Quebec.

During the raid, police made 51 arrests and seized \$905,000 and 2 kilograms of cocaine, police said. They also seized a plane and a helicopter. **THE CANADIAN PRESS**

around 7:45 p.m. with the help of a helicopter.

The facility is lined with barbed-wire fencing and features a watch post.

The chopper landed in a courtyard of the detention

Inquest. Probe into ER death draws fire

It's been almost six years since Brian Sinclair wheeled into the emergency room at Winnipeg's Health Sciences Centre seeking treatment for a blocked catheter.

Thirty-four hours later, the aboriginal man was found dead in the waiting room.

An inquest into his death is to conclude this week and there is frustration it didn't delve deeper into why many assumed the double-amputee was just a homeless person seeking shelter or a drunk "sleeping it off."

"What's really been missing from the equation is any analysis of the behavioural dynamic — how staff interact with the public, the assumptions that are made and the falseness of some of those assumptions when it comes to marginalized people," said Vilko Zbogor, a lawyer representing the Sinclair family.

"Based on the way (Sinclair) looked, people assumed he was not in need of medical care."

The final week is to include testimony from expert witnesses on how to improve patient flow and reduce long waits for care.

Two aboriginal groups and lawyers representing the family boycotted part of the inquest because Judge Tim Preston rejected calls to examine whether systemic racism played a role in Sinclair's death. **THE CANADIAN PRESS**

Las Vegas. Man and woman shoot and kill two police officers, another person before killing themselves: Officials

Two suspects shot and killed two police officers at a Las Vegas eatery Sunday before fatally shooting a third person and killing themselves inside a nearby Walmart, authorities said.

The spree began late Sunday morning when a man and woman walked into CiCi's Pizza and shot two officers who were eating lunch at point-blank range, Las Vegas police spokesman Larry Hadfield said.

The suspects then fled to the Walmart across the street, where they fatally shot a person inside and then killed themselves in an apparent suicide pact, he said.

"I am devastated by the news today of two officers and an innocent bystander who were murdered in an act of senseless violence," Gov. Brian Sandoval said in a statement.

"My thoughts and prayers go out to the victims and their families."

One of the suspects yelled, "This is a revolution," but the motive for the shooting remains under investigation, Hadfield said.

"We don't know anything



Police officers near the scene of a shooting in Las Vegas Sunday in which two police officers died. ERIC VERDUZCO/THE ASSOCIATED PRESS

about the suspects yet and are trying to learn more," Hadfield told The Associated Press. "I think in any case where people are ambushed and shot it's upsetting to the public."

Clark County Assistant Sheriff Kevin McMahon said the male suspect yelled, "Everyone get out," before shooting at Walmart. The suspects then walked to the back of the store.

Walmart employees and

shoppers were taken to a nearby clothing store to be interviewed by police. The restaurant and Walmart remained closed as detectives processed evidence.

Walmart issued a statement saying it's working with police on the investigation.

McMahon said the investigation is "very complex" because it involves more than 1,000 witnesses.

THE ASSOCIATED PRESS



D-Day airdrop re-enacted

Paratroopers are dropped near the Normandy village of Sainte Mere Eglise Sunday during the 70th anniversary commemorations of D-Day. The bronze sculpture Iron Mike is dedicated to the American airborne soldiers who fought on D-Day. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

First Nations

Wild dogs cause problems in North

A hockey rink was turned into an operating room last month on a First Nations reserve in Opitciwan, Que., 12 hours north of Montreal, as a team of veterinarians spayed or neutered about 250 dogs.

It's one of dozens of such campaigns that take place each year across Canada's North, where wild dogs have long been a problem in remote communities. Funding and resources, though, are often scarce.

In the span of just over a month earlier this year, a 10-year-old girl and seven-year-old girl were mauled to death by dogs in separate incidents in Manitoba.

THE CANADIAN PRESS



FOOTBALL FEVER TAKING HOLD

The wait is almost over. The 2014 FIFA World Cup kicks off Thursday and to get you in the game, Metro has you covered with the latest from Brazil.

World-class dollars for dream team

If money were no object, what would the dream team with the costliest World Cup players look like? Just shy of a billion dollars to be precise (\$900.8M).

Here is the dream team formed of World Cup players with the highest market values, according to football information website Transfermarkt (based on 4-3-3 team formation):

In goal, Bayern Munich's Manuel Neuer comes out on top. At \$52.1M, he tops the likes of Spain's Iker Casillas and Italy's Gianluigi Buffon.

Top defenders include Spain's Sergio Ramos and Brazil's Thiago Silva, both

priced at \$80.7M. They would be accompanied by German captain Philipp Lahm (\$43.7M) and Brazil's Marcelo (\$37M).

Top playmakers to stalk the midfield are Spain's Andrés Iniesta and Germany's Mario Gotze, both worth \$80.7M. Spanish midfielder Cesc Fàbregas completes the trio, with a value of \$74M.

A deep wallet, though, is certainly required to secure solid strikers/forwards. In this case, Lionel Messi, arguably the greatest player on the planet, has a handsome fee of \$178.2M. His La Liga rival Cristiano Ronaldo stars with \$148M. Brazil's Neymar comes in with a price of \$88.8M.

EDGAR SÁNCHEZ/FOR METRO

Animal crackers and best bets

Paul the Octopus (God rest his soul) stole all the headlines in South Africa 2010 for his incredible knack for correctly predicting match outcomes.

Paul was given two different glass cases filled with mussels, each with the flag of a football team. He would then decide the outcomes of the match by which box he ate the food from. In the 2010 World Cup, Paul went eight for eight in his match predictions, including his correct picks in the final and third-place playoff.

Here are some other critters keen to follow in Paul's tentacles for the World Cup

in Brazil:

The Giant Panda Rescue and Disease Control Center in Dujiangyan, China, have selected two of their offspring to be Paul's heirs. But instead of reaching for mussels, these pandas would have to select between two trees to climb.

In Euro 2012, Krakow-based Citta the elephant forecasted that hosts



Poland would beat Greece in the opening game.

Unfortunately for Citta, the group game ended in a draw. Last year, Germany-based Nelly correctly chose Bayern Munich to win the 2013 Champions League final.

Fred the ferret from Kharkov in eastern Ukraine tried to guess who's going to win matches by choosing food from plates carrying flags of the competing teams.

Kyiv's psychic pig Funtik was busy predicting results in Euro 2012 before a topless protest by Ukrainian feminist group Femen startled the swine. EDGAR SÁNCHEZ/FOR METRO

Subway strike threatens start to World Cup

Subway workers have entered the fourth day of a strike that has interrupted service at more than 30 stations in the city that hosts the World Cup opening match on Thursday.

Sao Paulo's metro system workers are demanding a salary increase of more than 12 per cent, but the company says that kind of raise isn't possible because fares haven't gone up in the past two years.

A labour court is ruling on Sunday on whether the strike is legal.

THE ASSOCIATED PRESS

THE WORLD CUP IN NUMBERS

13

Number of teams that took part in the first FIFA World Cup in 1930.

64

Number of matches to be played.

12

Number of host cities they will be played in.

2

Number of World Cup goals Germany's Miroslav Klose needs to score to beat the current record of 15, held by Brazil's Ronaldo.

67

Number of World Cup matches won by record-holders Brazil, who also hold the record for most games played (97).

113

Number of cards given to Argentina during World Cup matches, the most of any team (103 yellow, 1 second yellow, 9 red).

32

Number of teams taking part, including first-timers Bosnia-Herzegovina.

3.7M

Number of people expected to travel around Brazil during the World Cup.

2,000

Tweets-per-second during the last 15 minutes of the 2010 World Cup Final, up from a regular rate of 750 TPS.

192

Length in miles of the longest traffic jam ever recorded in Sao Paulo, in November 2013.

6.3M

Population of Rio de Janeiro, where the final will be held.

73,531

Capacity at Brazil's biggest stadium, Estadio do Maracanã, home to two local football clubs, Flamengo and Fluminense.

4

Hours per day the average Sao Paulo motorist spends in traffic jams.

5.8

Brazil's average annual coffee consumption per person, in kilograms (13th highest in the world).

\$11B

Cost of the 2014 World Cup according to the Brazilian government, making it the most expensive to date. South Africa spent \$4 billion in 2010, Germany spent \$1.6 billion in 2006.

\$15

Starting ticket price for a group game, for Brazilians. \$90: Starting ticket price for a group game, for everyone else.

\$440

Official starting ticket price for the World Cup final \$6,000: Stubhub starting ticket price for the World Cup final.

\$3.03B

Estimated revenue generated by World Cup-related tourism.

600,000

Number of foreign visitors expected for the World Cup. 55,400: Number of hotel rooms in Rio de Janeiro.

\$460

Average cost a night of a Rio hotel room during the World Cup. \$100: Average cost a night of a private room in a Rio favela during the World Cup.

46.4%

Percentage of the world's population, or 3.2 billion people, that tuned in to the 2010 World Cup from home.

\$7.6B

Amount the 2010 World Cup cost the British economy in lost productivity. The U.S. lost \$121.7 million.

6

Number of cities hosting World Cup games that are on the world's 50 most murderous cities list. They are Fortaleza, Natal, Salvador, Manaus, Recife and Belo Horizonte.

32

Average high temperature (Celsius) in Manaus in June, with up to 99% humidity. Manaus will host 4 games in June, including England vs. Italy on June 14 and United States vs. Portugal on June 22.

Mutual fund success is relative



HOW TO ROLL
Alison Griffiths
metronews.ca

"My mutual funds have been doing great!" extolled a visiting relative, eager to gloat. She pulled out a recent statement and pointed to the six funds in her portfolio.

Based on her initial purchase price and also the average purchase price over time, she is definitely making money. However, my relative certainly didn't have enough information to declare them great.

What was missing? In a word, comparison. Just because a mutual fund cost \$10 a unit a year ago and is now trading at \$12 (a 20 per cent increase) doesn't mean that the fund is standing on top of the heap.

All her funds are issued

Online

Want to compare mutual funds? go to Morningstar Canada: morningstar.ca



by Scotia Asset Management, which is part of Scotiabank where my relative opened her RRSP. One of the funds is called Scotia Canadian Balanced. Just for fun, I decided to take a look.

Despite the name, it has more than 23 per cent invested outside the country. That's not a problem, but a key fact when assembling a portfolio.

My relative starting buying the fund in 2011 and it has been trending steadily upward ever since. So far, so good. Now to the comparison.

Morningstar Canada gives this fund one star out of five. Oops. Over three, five and 10

years it has been in the bottom 12 per cent or so of similar funds.

It also lags far behind the benchmark index. Every fund is compared to an index and every fund manager wants to beat that benchmark. In this case, the comparable index is the Morningstar Canadian Neutral Balanced Index.

Over 10 years, the Scotia fund has produced an average annual return of just over four per cent. But the average of its peers, or the category average, is almost six per cent. And the average index return for the same period is nearly 7.5 per cent annually.

(These returns take into account dividends and interest.)

So, while this fund has made money for my relative, it is far from being one of the top performers. The lesson is this: You can't know if a fund is good or bad until you have the comparative figures.



It's do-or-die time for World Cup advertisers

In late 2013, Brazilian soccer player Anderson Hernandes de Carvalho Viana Lima (known as simply Hernanes) holds the 2014 World Cup official soccer ball, called Brazuca, after it was unveiled in Rio de Janeiro, Brazil. The competition on the pitch has yet to start, but the fight over World Cup consumers is already intense — and no more so than between the athletic companies that are jockeying for their once-every-four-years shot at the ever-growing global soccer market. The players, their boots and kits will be on display for billions across the globe over a month-long window starting later this week. Nike wants to make sure fans notice the swoosh. Adidas? Those three stripes. For Puma, it's that leaping cat. "It's the World Cup. It's do or die. Win or go home," said Adidas merchandise manager Peter Hong, alluding to more than the on-field competition in Brazil. VICTOR R. CAIVANO/THE ASSOCIATED PRESS FILE

Perks, pay and prestige for Silicon Valley interns



Google interns on the Google campus in May in Mountain View, Calif.

BEN MARGOT/THE ASSOCIATED PRESS

Sitting in a kitchen stocked with free food, a handful of 20-something Google summer interns weigh their favourite perks, but where to begin? With bikes, buses, massages, swimming pools, dance classes, nap pods, parties and access to their tech heroes, it's a very long list.

"Unlimited sparkling water?" someone says.

In the end, however, the budding Googlers are most excited about the work.

"The project I'm working on is super high impact, and I'm looking for ways to make my mark," says Rita DeRaedt,

20, studying visual communication technology at Bowling Green State University in Ohio. She admitted to being a bit star-struck after she was assigned to a team headed by a designer she's long admired.

With summer's arrival comes an influx of thousands of Silicon Valley interns. Well-paid and perked, young up-and-comers from around the world who successfully navigate the competitive application process are assigned big-time responsibility at firms such as Google, Facebook, Dropbox and Twitter.

Silicon Valley tech firms

pay their interns more than any other sector in the U.S., according to a Top 25 list of 2014 intern pay by online career website Glassdoor.

Palantir Technologies, a Palo Alto-based cybersecurity firm, topped the list with \$7,012 US average monthly base pay. Also on the list: Twitter, LinkedIn, Facebook, eBay, Google and Apple, all of which pay more than \$5,000 a month, or \$60,000 annually if these were full-time jobs.

And that's not counting the perks, which at Facebook even include housing in this high-rent region. **THE ASSOCIATED PRESS**

Investing in the future

Silicon Valley executives hope that a fun and stimulating summer will motivate interns to come back after graduation to launch careers.

- It's money well spent in a field fighting for talent, says Keck Graduate Institute professor Joel West in Claremont, who hired interns when he ran his own software company, and now helps place students at internships.

Could see a 4.5% cut

Retirees face tough choices in Detroit bankruptcy

Retired Detroit bus driver Art Vardiman recently received a computer disk in the mail that contains hundreds of pages of documents. He also got a six-page blue ballot about cuts to his pension and a white one about health insurance. A 25-page notice explains why the changes are being proposed in Detroit's historic bankruptcy.

Vardiman, 63, and thousands of others must try to

make sense of the legalese and complexities of the largest public bankruptcy filing in U.S. history and cast votes that will affect how much they will earn for the rest of their lives.

Detroit's bankruptcy is at a critical stage after the Michigan legislature last week approved a \$195-million US lifeline to help prevent steep cuts in Detroit's pensions and the sale of city-owned art. With Gov. Rick Snyder expected to sign the measure this week, attention now turns to the tens of thousands of creditors, especially 32,000 active, former or retired em-

ployees, who have until July 11 to vote on the city's plan to shed \$18 billion US in debt and become solvent again.

The stakes are great — and painful. General retirees — trash haulers, mechanics, janitors, clerks — would see a 4.5 per cent cut in their pension and the elimination of annual inflation payments. In addition, some who received generous annuity returns from the pension fund, even in awful market conditions, would be forced to give back as much as 20 per cent. Detroit insists the cuts will be even worse if the plan is rejected. **THE ASSOCIATED PRESS**



Retired Detroit bus driver Art Vardiman holds documents with info about cuts to his pension. **THE ASSOCIATED PRESS**

Employment

It's one step forward, one step back for Canada's job market

Canadians could be forgiven with envy over the surge in employment occurring south of the border.

After leading the Western world in job creation in the years following the recession — as the Harper Conservative government is fond of reminding the public — the past year and

a bit has not been so good.

The pattern has become familiar. On the first Friday of each month, Statistics Canada issues a report showing the economy gained or lost several thousand jobs, making up for the several thousand that were lost or gained the previous month. With one step forward and one step back, Canada's labour market has largely stalled over most of the year.

Meanwhile, the U.S. Labor Department tables another strong employment report.

THE CANADIAN PRESS

HERE'S TO HOPING (FOR WARMTH)

Spring, it seems to me, is a great time for optimism. Hope springs eternal, as the saying goes, and this post-winter, pre-summer period is quite literally a season of rebirth. It's also a good time for reflection.

Not that I really want to remember it, but that 2013-14 winter was easily the worst I've experienced in my lifetime. And I'm sure many of you can say the same. During those final few acts, I recall seeing the looks on people's faces on the bus, and in the grocery store, and at coffee shops. It was pure misery.

Nary a grin was to be found, let alone a smile, and I suppose that was fair. But with those days now in the background, and with the clearer thinking that comes with the gorgeous weather we've been having recently, I have come to a concerning realization.

I may have anticipated a 180-degree turn in the moods and



URBAN COMPASS

Todd Devlin

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spirits of Londoners after we soldiered through winter and welcomed the sun and warmth of spring. But, generally speaking, that hasn't been the case. Oh, I've noticed the sun. But the warmth? Not so much. In fact, I haven't noticed much of a change at all in the level of friendliness in the city during my travels.

Are we just less friendly nowadays? Is the rudeness and lack of politeness simply the norm in today's society? Is this a London thing? Or is it widespread?

I'll say this: I can count on one hand how many genuine friendly exchanges I've had with strangers over the last month. Whether it's people paying more attention to their mobile devices than the human beings around them, or the belief that eye contact with

strangers is to be avoided at all costs, it's a disturbing trend.

I visit coffee shops regularly, often to do work. If you stop

for a second and look around, you'll notice a lot of folks at coffee shops who, quite frankly, look lonely. They may be, or they may not. Either way, you'd be surprised by how few people engage strangers in conversation, even at the most casual level, at coffee shops. Or maybe you wouldn't.

I've witnessed coffee shop patrons try in vain to make small talk with others, only to be waved off or avoided like the plague. I never turn down the opportunity, and I'll tell you why. There's a reason we communicate. We need to. For our health, for our sanity, for our souls.

Unfortunately, it seems that's not the way we live anymore. We rush from one thing to the next, we keep our eyes glued to our devices, we keep a small group of friends, and we ignore everyone else, as if they don't have the same basic needs that we do.

It's dispiriting, to be sure. But hope does spring eternal, after all. Maybe we'll see each other during one of these glorious days. If so, be sure to say hello. I bet we could have a nice chat.

WE ACT: CANADA DOES GOOD

Volunteer's advice: 'Doing things for people is what really counts'

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Hector Marois, a volunteer with Unit 9Y, a short-term palliative care unit at the Covenant Health Edmonton General Continuing Care Centre

Why: "(Volunteering) is a privilege. If it's something you can do, you will get such a blessing out of just doing the little things. Doing things for people is what really counts."

What: Hector's lifelong passion for volunteerism began more than 25 years ago when his wife's aunt was in the hospital. Every evening for years, he would visit her to help with her supper, befriending other patients and their families as he came and went. When she passed away years later, the desire to help had become a part of him. Now he spends five days a week volunteering at Unit 9Y, delivering breakfast trays to patients, helping new patients and their families learn about services they can access, and being a friend to help with the little things to offer comfort where he can. However, each year he does take one week off — to volunteer as camp director for senior citizens.

What does your average day



Hector Marois volunteering as Santa Claus. CONTRIBUTED

Day in the volunteering life



"Sometimes I just sit with them and hold their hand. They

may not respond, but they just feel the comfort that somebody is there with them in the room."

Hector Marois

look like?

"I sometimes take people for a ride in their wheelchair or a walk outside.... Sometimes I

sing to people! I'm not a singer but I do a little singing with them. Sometimes I even get to pray with them and that's wonderful."

What's your favourite story from your time as a volunteer?

"Have you got all night? There's a thing that we do, both my wife and I, at Christmas time. We visit about 13 different units in the hospital as Mr. and Mrs. Claus. My wife stands by the phone and if there are any little children in, she will call me and I let the children talk to Mrs. Claus up at the North Pole."

CRAIG AND MARC KIELBURGER

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In this issue, you can find AR enhancements on page 18 in Sports

MetroTube

Never missed a beat

REBECCA WILLIAMS
readers@metronews.ca

Playing frisbee takes a certain amount of skill and co-ordination. It is a flying disk headed straight towards your head, after all. What else takes a certain amount of co-ordination? Playing drums. There are sticks and pedals to keep straight, while somehow keeping the beat steady for everyone else.

Sure, they don't seem related, but when Weezer drummer Patrick Wilson put these two together at a recent show in Florida, he may have just started a new trend. Scan the photo with your Metro News app to watch a video of Wilson's nifty trick. Anyone up for a game of Drumbeeing? (@lindsayhxo/Instagram)



ETHAN MILLER/GETTY IMAGES



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Future's feeling timeless with a disc full of 'classics'

Forward thinking.

Atlanta rapper never said he was humble, just that he was Honest

NEIL
MARTINEZ-BELKIN
Metro World News

Future has only been on tour a short while, but it's already taking a toll on him. "It's really ripping my voice apart," he croaks through the phone while en route from Detroit to a show in Rochester, New York last week.

Future's hoarse pipes are not the only concern on his mind. The 30-year-old Atlanta rapper says being on tour is also doing a number on his heart.

"Yeah, I want to be home with my son," he says of the boy that his famous fiancée Ciara gave birth to three weeks ago. "But this is just something I have to do at this time."

The 45-date tour, which will keep him away from home until mid-July, is in support of Honest, his sophomore LP, which arrived in March via Epic Records. Powered by the hypnotic posse cut Move That Dope, and I Won, which features Kanye West, Honest is



Future is currently on tour in support of his latest album, Honest. GETTY IMAGES

Future's most well-rounded body of work to date. Its songs transition seamlessly between curb-stomping street anthems and earnest moments of reflection, all through Future's signature autotune-filtered vocals.

This isn't necessarily new territory for Future, who took a similar approach on his

2012 debut Pluto, but now he seems to have mastered the formula. And he's not shy about his achievements.

"I knew I could make hit records, but I wanted to make sure I had a complete album," he says. "And sequencing the album was a really big part of that. Honest is a timeless album. People are going to

look back like, 'Man, he had so many classics on there.'"

Future says fans will witness the full range of his talents when he takes the stage, performing his classic mixtape cuts in addition to songs off the new album. He got a taste of life on the road, warming up crowds on last year's Would You Like a Tour? tour with Drake, who also guests on Honest.

"I know every market now, and I know what each one wants to hear," says Future. "It's going to be a party more than a concert, and I'm just going to hit them with jam after jam. Smash after smash."

Honest also features bold-faced guest spots from the likes of Andre 3000, Pharrell, Wiz Khalifa, and Lil Wayne, but one of the clear highlights is the Metro Boomin-produced I Won, where Future and Kanye West trade verses about their celebrity fiancées (or then-fiancées), Ciara and Kim Kardashian.

Future and Ciara were unable to attend the high-profile nuptials of Kimye in Florence earlier this month, though he says they'll certainly get the invite to his own upcoming wedding.

"Of course they will," he laughs. "They invited us, but I was on tour and with the baby. We just couldn't make it. But congrats to Kanye, man."

Canadian dates

Future's current tour will head to Canada starting July 4. Check out futurefreebandz.com for more info.

Ebooks



Maleficent: The Official Multi-Touch Book

By. Walt Disney Studios

iBooks



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A refreshing acknowledgment of the fairy tales behind Walt Disney films, this Maleficent tie-in includes a copy of Charles Perrault's 1697 version of Sleeping Beauty and a timeline going back to the original 1330 tale, Perceforest. Galleries, pop-up facts, and videos reveal the wizardry of effects and characters used to develop a villainous backstory for Angelina Jolie to revel in.

Box office

The Fault in Our Stars trounces Tom

With a \$48.2 million US debut, the young-adult romance The Fault in Our Stars thumped the Tom Cruise action film Edge of Tomorrow at the weekend box office. According to studio estimates, Fault easily topped the big-budget Edge of Tomorrow, which took in \$29.1 million. Despite good reviews, the sci-fi thriller was no match for the highly anticipated adaptation of John Green's popular book.

THE ASSOCIATED PRESS

If I do say so myself

"People are going to look back like, 'Man, he had so many classics on there.'"

Future
on his new album

Cheadle's the latest celeb asking for spare change

To finance Miles Ahead, a feature on the legendary jazz musician Miles Davis, Don Cheadle has launched a campaign on Indiegogo, becoming the latest filmmaker to appeal to crowdfunding for a passion project.

"Most studios don't make these kinds of movies anymore, so we are doing it independently," Cheadle said.

The Hollywood star — who plans to produce, direct and star in the project

— follows in the footsteps of a handful of other directors who have turned to crowdfunding in recent years.

While Cheadle intends to make Miles Ahead primarily with his own personal funds, he is hoping to raise an additional \$325,000 from supporters on Indiegogo.

In April 2013, actor and director Zach Braff turned to Kickstarter to finance his second feature, Wish I Was Here.

"There are money guys willing to finance the pro-

ject. But in order to protect their investment, they're insisting on having final cut," explained the former Scrubs star in a video on his reasons for turning to crowdfunding.

On top of the satisfaction of having contributed to the film on the big screen, supporters often enjoy exclusive privileges when crowdfunded projects get off the ground. These range from goodie bags to private screenings depending on contribution levels. AFP

Kickstarter for the rich

Junction, a platform described by the Guardian as "Kickstarter for the rich," allows filmmakers to raise funds for features that have already been greenlighted.

Among the projects recently opened to investors through Junction are an adaptation of Dave Eggers' A Hologram for the King starring Tom Hanks, as well as Triple Nine, which stars Casey Affleck, Kate Winslet and Aaron Paul.



Actor Don Cheadle ROBYN BECK/AFP



Antonio Banderas and Melanie Griffith ALL PHOTOS GETTY IMAGES

It's break-up season in Hollywood

This weekend saw a lot of famous couples splitting up — or at least, announcing that they've done so. Most shockingly, Antonio Banderas and Melanie Griffith are divorcing after 18 years of marriage. Griffith filed for divorce, citing irreconcilable differences, and also asked for child and spousal support. On the other side of the Atlantic, Scottish DJ Calvin Harris and singer Rita Ora announced that they broke up some time ago after dating for more than a year. Last, but not least, sources say that Jennifer Lopez and Casper Smart have split after two-and-a-half years together. Apparently the split happened before Casper Smart was caught in what is reportedly a sexting scandal. So technically he wasn't cheating then, right? He was seen leaving JLo's house in L.A. this weekend, though, so perhaps they're still friendly.

METRO WORLD NEWS



Tracy Morgan

Trucker charged in crash that left Tracy Morgan in critical condition

Actor and comedian Tracy Morgan and two members of his entourage were in critical condition Sunday, a day after a tractor-trailer rammed into his chauffeured limousine bus, setting off a deadly chain-reaction pileup.

The former Saturday Night Live and 30 Rock cast member was returning from a standup comedy show in Delaware early Saturday with six others when the limo bus overturned on the New Jersey Turnpike near Cranberry Township, killing Morgan's mentor and fellow comedian James "Jimmy Mack" McNair. A Wal-Mart truck driver was charged with death by auto and four counts of assault by auto.

Jeffrey Millea, 36, of

Shelton, Conn., and comedian Ardie Fuqua Jr., 43, of Jersey City, were listed in critical condition along with Morgan at Robert Wood Johnson Hospital, hospital spokeswoman Zenaida Mendez said Sunday. Another comedian, Harris Stanton, was treated and released from the hospital Saturday.

The truck driver, 35-year-old Kevin Roper of Jonesboro, Ga., apparently failed to slow for traffic ahead and swerved at the last minute to avoid a crash, the Middlesex County Prosecutor's office said. Instead, the big rig smashed into the back of the Mercedes limo bus.

Roper, accompanied by his attorney, turned himself in to state police. **THE ASSOCIATED PRESS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Nobody took a wrecking ball to Miley's stolen Maserati



STARGAZING
Malene Arpe
scene@metronews.ca

Miley Cyrus's stolen Maserati has been found and police say they're looking for a white male in his early 20s wearing skinny jeans. Whew. Guess Justin Bieber is off the hook this time.

James Middleton, brother of Kate Middleton, has a brand-new business printing Instagram images on marshmallows. He was going to get into making boats for cats, but Britney Spears' sister

had that market cornered.

Charlie Hunnam says it was a "heartbreaking choice" to quit *Fifty Shades of Grey*. And by "heartbreaking" he means "Woo-hoo! Who's the man? Hell yay!"

Gangnam Style reaches 2 billion YouTube views. My mom finally got around to watching.

What makes you feel worse about your life and human life in general? Selena Gomez putting her "starter home" up for sale for \$3.4 million, a new show called *I Slept With a Celebrity*, or Katy Perry releasing *Royal Revolution*, a fragrance that "is about female empowerment and breaking the rules" and contains blackthorn because it "was known in the Dark Ages for having magical powers."



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IN THE MATTER OF THE TAXPAYER PROTECTION ACT, 1999 S.O. 1999, C. 7, Sched. A

NOTICE is hereby given that in accordance with clause 4(1)(a) of the *Taxpayer Protection Act, 1999*, ("the Act"), that Andrea Horwath, the Leader of the Ontario NDP/NPD and Kathleen Wynne, the Leader of the Ontario Liberal Party filed statements under subsection 4(1) of the Act with the Chief Electoral Officer.

In accordance with subsection 4(4) of the Act, the Chief Electoral Officer has reviewed the statements and has rendered an opinion that the statements comply with subsection 4(2) and 4(3) of the Act. The opinion of the Chief Electoral Officer may be viewed at: www.elections.on.ca or by visiting the Elections Ontario office at 51 Rolark Drive, Toronto, Ontario.

Dated at Toronto, this 30th day of May, 2014.



Greg Essensa
Chief Electoral Officer
51 Rolark Drive
Toronto, Ontario
M1R 3B1

* No purchase necessary. For full contest details and terms and conditions, visit clubmetro.com.

Practise safe shopping with a credit condom or debit dinger

Keep impulse buys at bay. Much like, ahem, another fun activity, hitting the mall is better when you do it with protection



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you ever wondered if *how* you pay for something affects how *much* you're willing to spend? Is it harder to part with cash than to slide your credit card through the machine? You betcha!

A study fittingly entitled *Monopoly Money in the Journal of Experimental Psychology* reveals that shopping with cash discourages spending, while using credit or gift cards actually encourages it.

Researchers Priya Raghubir (New York University) and Joydeep Srivastava (University of Maryland) say that "using a less transparent form of payment, such as a credit card or a gift card, lowers the vividness with which one feels that one is parting with real money, thereby encouraging spending..."

If you did not have access to credit of any kind — no credit cards, no line of credit, no overdraft protection, no loans — would you be as willing to drop gobs of your hard-earned money on stuff knowing full



Don't think Gail doesn't see that look in your eye. She knows you've got a case of the gimmes. ISTOCK

well you wouldn't be able to pay the rent or mortgage? Or is it the fact that you can defer feeling the pain of payment that lets you convince yourself that you can have that shiny new somethin'-or-'nother?

I've worked with a lot of people who whine about how much debt they have. They sigh despondently when they consider that they may never shake free of the burden. But those same people are quite

willing to swipe their cards to buy a snappy new pair of sunglasses.

People are always promising themselves that they will stop using their credit cards until their debt is paid off. In the end they're left with a trail of broken promises. If you're prone to forgetting the reality of your financial circumstances when the gimmes grab you, this next idea is for you.

Make yourself a credit card

condom, and every time you pull out your credit card you'll be reminded of what you're doing relative to your current financial situation.

What's the magic? A credit card condom is an envelope into which your card slips snugly, which carries a pertinent message to stop you from going further into debt. If you've ever stayed in a hotel, it looks a lot like the sheath they slip your room key-card into. But instead of a logo, your credit card condom will carry a message designed to make you stop and think:

- Do you have the money to pay this purchase off in full when the bill comes in?
- You already owe \$2,500 on this card.
- Is this a need or a want?

You'll have to come up with a message that works for you. Perhaps it's a message that reminds you of your goals.

- You're trying to save \$2,600 for that trip down south next winter. Will buying this (whatever) get you closer to that goal?
- You're setting up an RESP.

Spend now, or use this money to prepare Baby Kris for the future!

- You want to be debt-free in nine months? Instead of buying this, make a payment on your debt!

You can also make your credit card condom something you can use to track how you're doing. Let's say you decide you want to have \$1,000 saved for an emergency by the end of the year. Write

Worth 1,000 words

If you need more of a reminder than words provide, create a credit card condom or a debit dinger with a picture of whatever it is you're trying to achieve: A picture of a beautiful house if you're saving for a down payment, a picture of a gorgeous beach if you're setting aside money for a vacation, or a picture of your son or daughter if you're trying to build a school fund.

your goal on your credit card condom. Each time you choose not to spend money on the card, move that money to your emergency fund and add it to your total on your credit card condom.

While you're at it, make yourself a debit dinger (Australian for condom) into which you can slide your debit card so that each time you pull it out to make a purchase you're reminded of something that is more important than blowing bucks on bull.

The point of the credit card condom or debit dinger is to keep you conscious of what you're trying to accomplish so the numbing out that comes with using plastic doesn't happen to you. It will help you to fend off the impulsive purchases by reminding you about what's really important to you. It's shopping with protection!

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Want a happy marriage? Catch Zs together

Synchronized sleep. Women who snooze at the same time as their sweetie are more blissful

Whether or not a couple is able to synchronize sleep patterns may be linked to a wife's satisfaction with the marriage, according to a small new study.

"Most of what is known about sleep comes from studying it at the individual level; however, for most adults, sleep is a shared behaviour between bed partners," said lead author Heather Gunn of the Sleep Medicine Institute at the University of Pittsburgh. "How

couples sleep together may influence, and be influenced by, their relationship functioning."

Researchers tracked the sleep patterns of 46 couples over a 10-day period. Each participant was asked to assess their relationship.

Results showed that couples were awake or asleep together an average of 75 per cent of the time, and that number increased with the wives' level of satisfaction.

"The sleep of married couples is more in sync on a minute-by-minute basis than the sleep of random individuals," said Gunn. "This suggests that our sleep patterns are regulated not only by when we sleep, but also by with whom

we sleep."

Indeed, in 2010, Wendy M. Troxel, assistant professor of psychiatry at the University of Pittsburgh School of Medicine, completed a study that found the presence of a partner indicated better sleep quality for women.

The following year, Troxel embarked on research that found that negative interactions between couples were more likely to occur as a result of poor sleep on the part of the woman rather than the man.

"Wives who took longer to fall asleep the night before reported poorer marital functioning the next day, and so did their husbands," said Troxel.

AFP



His snoring could be wrecking your marriage. Research found that couples reported less marital satisfaction the day after wives tossed and turned. ISTOCK

'Round the world wisdom

Don't sweat it when a success leaves you with the sads



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Who is waiting for you across the finish line?

The afternoon after I crossed the finish line in the Gobi March, I lay in an ice bath with my tuque on to reduce my body's swelling from the race.



After a life-changing goal is completed, prep for re-entry in the real world by reining in your support system. iStock

As ultra-runners do, I had consumed excessive amounts of salt while

running to retain water and stay hydrated in the viciously hot desert.

As the enormity of ending a five-month project settled in, my emotions

The blues in my shoes

I was 10,000 kilometres from my family, feeling forlorn. That afternoon, even knowing I had won the 40-49 age category, I had to force myself to attend the closing ceremony. It was as if my brain had been hijacked by a post-partum effect.

were mixed.

I was mentally exhausted, elated to have done well, and humbled by the desert. However, the strongest emotion that took hold of me was a dreadful case of the blues brought on by a rapid comedown.

Before I knew it, I became paralyzed by my emotions.

I was 10,000 kilometres from my family, feeling forlorn. That afternoon, even knowing I had won

the 40-49 age category, I had to force myself to attend the closing ceremony. It was as if my brain had been hijacked by a post-partum effect.

When a friend takes on a big project, be it a work or life project or recovering from an injury, we will naturally support them as they go through the journey.

Often though, we forget how that project will change or even transform them and that within hours or days after re-entering their old lives, reality will collide with a harsh, hard place called, 'Now what?'

At the end of a project, re-entry into day-to-day life usually involves make-up time for all that was diverted or invested in the project.

Yet it is also a time when even more buoyancy from support groups is required to help the re-integration.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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ourstreetlondon.ca

Take the turkey burger with the sweet mango salsa for a fresh burst of flavour



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

- 2 tsp vegetable oil
- 1 cup diced onions
- 1 1/2 lb ground turkey
- 2 tsp crushed garlic
- 3 tbsp barbecue sauce
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- pinch of salt and pepper

Mango Salsa

- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic

Everyone loves a great burger during the summer months, especially when made on the barbecue. But excess beef is not great for your waist or your heart. I love to use ground chicken or turkey for my burgers.

Ground turkey is one of the leanest meats for a burger. Four ounces (125 g) of white ground turkey has only 120 calories, 1 gm of fat and



This recipe serves six. ROSE REISMAN

28 gm of lean protein. By comparison, ground beef has over 200 calories, 13 grams of fat and only 20 grams of protein. The key is to cook your turkey completely to 165 F. Since there is not a lot of fat in turkey, be careful of

over-mixing the ingredients, which will toughen the meat.

The mango salsa is a great garnish over these burgers. It's fresh and sweet and complements the turkey so well. Select a ripe, softer mango for the best flavour. I prefer the

Indonesian mangoes, which are smaller and sweeter.

Directions

1. To make the burgers: In a skillet, add oil and onions. Sauté on medium heat until tender, about 5 minutes.

2. Place turkey in a bowl, add sautéed onions, garlic, barbecue sauce, egg, bread crumbs, and salt and pepper and form into 6 burgers. Grill or sauté just until cooked to 160°F (about 15 minutes).

3. While the burgers are cooking, combine the mango, red and green peppers, onion, cilantro, lemon juice, oil, garlic in a bowl. Mix thoroughly. Serve the burgers with the salsa spooned on top.

**COOK
TIME
ABOUT 20
MINUTES**

Thai and mighty green mango salad

Thai menus always feature this sweet and savoury salad. For the traditional version, the key is finding an unripe mango, one that's still firm. But a ripe mango makes for a delicious sweeter salad, equally good.

This salad is perfect to serve before a rice-noodle type of dish such as Pad Thai. You can always make this salad early in the day to allow the dressing to enhance the flavours of the salad. You can also serve this alongside grilled fish or chicken. If you

like more heat, use the seeds of the jalapeno.

Directions

1. To make the salad: Place the mango, red pepper, onion, mint and cilantro in a serving bowl.

2. To make the dressing: Whisk together the soy sauce, lime juice, sesame oil, fish sauce and brown sugar in a small bowl. Stir in the jalapeños, garlic and ginger.

3. Pour the dressing over the

Ingredients

- 1 large green (unripe) mango, thinly sliced
- 3/4 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red onion
- 1/4 cup chopped fresh mint
- 1/4 cup chopped cilantro
- 1 tbsp lime or lemon juice
- 2 tsp sesame oil
- 1 1/2 tsp fish (or oyster) sauce
- 2 tsp brown sugar
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/2 cup chopped toasted cashews

Dressing

- 1 tbsp low-sodium soy sauce

salad and toss. Garnish with cashews.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN



This recipe serves four. ROSE REISMAN

CFL labour talks

New deal a tough sell: Union rep

Selling the new tentative agreement to the CFL's players may be a challenge, Hamilton Tiger-Cats union rep Peter Dyakowski said Sunday.

The players' association and CFL reached a tentative agreement late Saturday night on a new contract. The move averted a potential players' strike and, if ratified, would secure the league five years of peace.

But the CFLPA needed more than four hours Saturday night to sell the deal to its team reps during a conference call. Once news of the tentative agreement broke, many CFL veterans voiced their displeasure on social media.

"You hire a bunch of clowns and you are probably going to get a circus," tweeted Calgary Stampeders defensive back Jeff Hecht. **THE CANADIAN PRESS**

NBA

Shelly Sterling to maintain ties with Clippers: Sources

Los Angeles Clippers co-owner Shelly Sterling would remain close to the organization under terms of the pending sale to former Microsoft CEO Steve Ballmer, according to two individuals close to the negotiations.

The individuals, who are not authorized to speak publicly, told The Associated Press the \$2-billion deal allows for up to 10 per cent of the team to be spun off into a charitable foundation that Shelly Sterling would essentially run.

THE ASSOCIATED PRESS

Sunday's game

Go to metronews.ca for coverage of Game 2 of the NBA Finals.

MLB

Hutchison drops another in Toronto

Jaime Garcia and two relievers combined on a three-hitter, Matt Carpenter and Jhonny Peralta homered, and the St. Louis Cardinals beat Drew Hutchison and the Toronto Blue Jays 5-0. Hutchison (4-4) allowed five runs and six hits in three innings. **THE ASSOCIATED PRESS**

London will miss Micheal Ray



DAVE LANGFORD
dave.langford@metronews.ca

London will not be a better place with Micheal Ray Richardson leaving the building. In fact, it will be just the opposite.

After three seasons, the charismatic head coach of the London Lightning has taken his larger-than-life act back to the United States and possibly parts beyond.

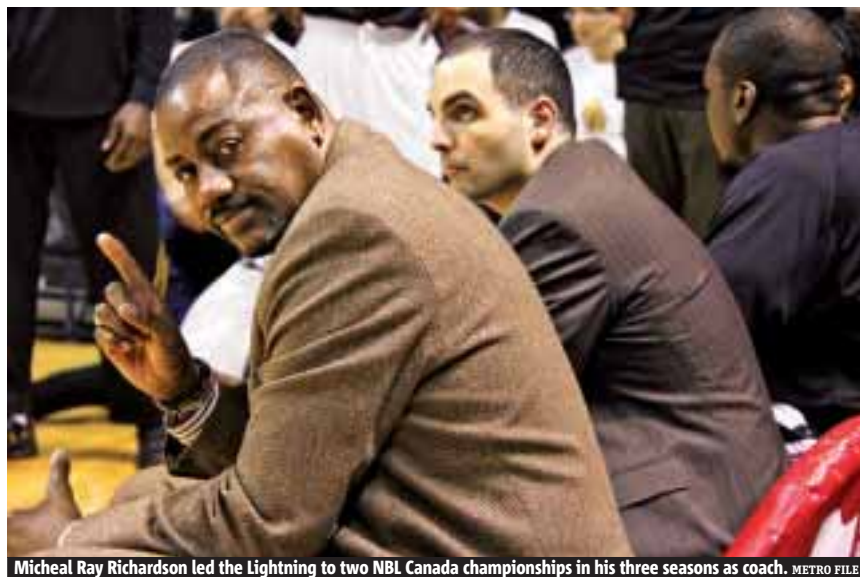
In the public relations version of the hurry-up offence, the Lightning announced mid-afternoon Thursday that Micheal Ray — he is better known by his misspelled first name — "has decided to pursue a job closer to his home in the United States."

Contacted in Oklahoma shortly thereafter, Micheal Ray said his exit was a "mutual agreement" with the Lightning. He said he may scout for some NBA teams and look at doing some coaching in China.

Lightning general manager Taylor Brown said earlier it was Micheal Ray's choice to leave London at this time.

No matter whose decision it was, it is ultimately not a good move for this city. That much is clear as a bell. It may be the right move for the Lightning basketball team, but let's not confuse those two points.

Micheal (Sugar) Ray Richardson is one of the biggest names in professional sport to ever hang his hat here for any period of time. The former NBA all-star is one of the best athletes to ever make London



Micheal Ray Richardson led the Lightning to two NBL Canada championships in his three seasons as coach. **METRO FILE**

Leaving a lasting impression

He was — and likely still is — the face of the London Lightning.

home, even if just for three seasons.

But above all else — there can be no argument here — he has a personality to match his six-foot-five frame.

Meet him once, you will never forget him. Meet him twice, and you will instantly look forward to meeting him a third time. His personality was infectious.

Micheal Ray took a new team and made them champions two seasons in a row. He was a Game 7 loss away from

making it three straight. Yes, Windsor still had to play the final, but that outcome was not in doubt.

He made the games fun to be at. Again, the consummate showman was at his best when the lights were the brightest. Players, referees, minor officials and most importantly, the fans, were all entertained.

A rant by Micheal Ray and a dunk from Garrett Williamson both drew huge reactions.

He was also everywhere the Lightning needed him,

whether it was shaking hands, kissing babies or doing a weekly video with this publication. He was — and likely still is — the face of the London Lightning.

But there were rumblings that many of the players were upset with the coach. His profanity at practices was legendary. But his desire to win was also there for all to see.

Like Billy Martin in baseball and Pat Burns in hockey, maybe his act in coaching is three years long at best. Maybe not.

So while we will all give his replacement a fair chance, should he fail, a call to a Oklahoma-based cell number could not be far behind.

Probable? No. Possible? Yes.

French Open. Rafa's reign continues in Paris

Trying to beat Rafael Nadal at the French Open is the toughest task in tennis.

The pressure he applies, from set to set, game to game, point to point, shot to shot. That bullwhip of a high-bouncing, topspin lefty forehand. Those quick-reflex returns that help him break an opponent's serve — and his will.

Doing what he does so well on the red clay of Roland Garros, a surface and site he dominates so completely, the No. 1-seeded Nadal wore down No. 2 Novak Djokovic 3-6, 7-5, 6-2, 6-4.

Women's title

Maria Sharapova won her second French Open title in three years Saturday, beating Simona Halep 6-4, 6-7 (5), 6-4.

6-4 in a muggy final Sunday to win his ninth French Open championship and fifth in a row, both records.

"For me," Nadal said, "playing here in Roland Garros is just unforgettable, forever."

THE ASSOCIATED PRESS



Rafael Nadal bites the trophy after winning the final of the French Open against Novak Djokovic at the Roland Garros stadium in Paris, Sunday. Nadal won in four sets 3-6, 7-5, 6-2, 6-4. **DARKO VOJNOVIC/THE ASSOCIATED PRESS**

4 SPORTS

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Dwight King of the Los Angeles Kings scores a goal past Henrik Lundqvist of the New York Rangers in the third period of Game 2 of the Stanley Cup final on Saturday in Los Angeles. VICTOR DECOLONGON/GETTY IMAGES

N.Y. behind despite working overtime

Stanley Cup final. Rangers blame two OT losses on missed chances, weak calls

The New York Rangers returned home Sunday with a bad taste in their mouth.

Unable to hold a two-goal lead on three occasions in their 5-4 overtime loss to the Kings, the Rangers had plenty to rue in Game 2 of the Stanley Cup final at Staples Center on Saturday night.

But they were especially upset at a non-call early in the third period when Dwight King scored to pull the Kings to within one at 4-3.

As Justin Williams moved the puck to Matt Greene at the point, the six-foot-four 230-pound King headed to goal as he had done all night. Rangers defenceman Ryan McDonagh engaged him at the top of the blue paint and soon King, McDonagh and goalie Henrik Lundqvist were tangled together like a three-headed octopus.

King somehow managed to tip Greene's shot from the point as Lundqvist was unable to move.

Marian Gaborik scored 5:38 later to tie it at 4-4 and Dustin Brown's tip-in of a Willie Mitchell shot ended the drama at 10:26 of double overtime.

On the wrong end of two overtime contests, the Rangers

trail two games to none going into Game 3 Monday at Madison Square Garden.

Asked it was goalie interference on the King goal, a tight-lipped Rangers coach Alain Vigneault said: "Ask the NHL."

Goalie interference is not reviewable under the current rules.

Lundqvist was clearly unhappy, throwing his arms up in disbelief after the goal as he was pinned under King and McDonagh. He talked to the referee during a TV timeout soon after, seeking an explanation.

Lundqvist said after the game that he just wanted consistency, pointing to a goalie interference penalty to Rangers forward Benoit Pouliot in the

Trying to beat the odds

89.9%

Forty-eight teams have taken a 2-0 series lead since the Stanley Cup final went to the best-of-seven format in 1939. Of those clubs, 43 (89.9 per cent) have gone on to win the Cup, including the 2012 Kings.

second period.

"If they don't call that, you can't call what they called in the second period," said Lundqvist, who thought Pouliot had been pushed into Jonathan Quick.

"Both games we had opportunities," Vigneault said. "We didn't get it done."

THE CANADIAN PRESS

New stats

Concussions down: NHL

Hours before the Stanley Cup finals began, NHL commissioner Gary Bettman proudly proclaimed that concussions are down across the league and there are numbers to back him up.

That does not mean the league has figured out how to prevent head injuries among its players. Or that the numbers tell the whole story.

According to data from

STATS provided to The Associated Press, there were 53 concussions during the regular season, a sharp decline from the 78 reported during the league's last full season two years ago.

But even Bettman said there is only so much the league can do about a player hiding a head injury to stay on the ice.

"Obviously, it's difficult for us to get into a player's head, no pun intended, with this concussion discussion," he said. THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

Cosmic activity inclines you to believe that everyone is out to get you, that there are enemies lurking behind every door. Maybe there are, but more likely your imagination is playing tricks on you.

♉ Taurus

April 21 - May 21

The more you try to convince people you know what you are doing, the more they disbelieve you! Never mind. You don't need their support to do what must be done. You're tough enough to go it alone.

♊ Gemini

May 22 - June 21

According to the planets you will be too impatient to do the best job you can do, so better to avoid certain tasks than make a mess of them.

♋ Cancer

June 22 - July 21

You don't care in the slightest what other people think of you or of your methods. But today you do need to listen to advice or you could make the kind of mistake that takes a lot of time and money to put right.

♌ Leo

July 24 - Aug. 23

You may find it hard to control your temper today but that's okay. With Venus strong in your chart, loved ones, work colleagues and even employers are likely to forgive you.

♍ Virgo

Aug. 24 - Sept. 23

Today you may be a bit confused about what others expect of you. That's okay, because chances are they don't know themselves. Do what feels right to you, nothing more.

♎ Libra

Sept. 24 - Oct. 23

Where money matters are concerned you would be wise not to take risks. A hunch might pay off but more likely it will put you in a situation where one loss leads to another.

♏ Scorpio

Oct. 24 - Nov. 22

It is inevitable there will be some kind of falling out today but in the greater scheme of things it's not such a big deal. Keep smiling.

♐ Sagittarius

Nov. 23 - Dec. 21

Little things will annoy you more than big things today. By this time tomorrow you will have calmed down but today you'll need all your powers of self-control.

♑ Capricorn

Dec. 22 - Jan. 20

Before getting involved in other people's affairs you should always ask yourself what the chances are of doing more harm than good.

♒ Aquarius

Jan. 21 - Feb. 19

Someone in a position of authority is watching you closely and if they like what they see you will gain in many ways over the coming week. The one thing that may put them off is if you are too rigid in your thinking. As if!

♓ Pisces

Feb. 20 - March 20

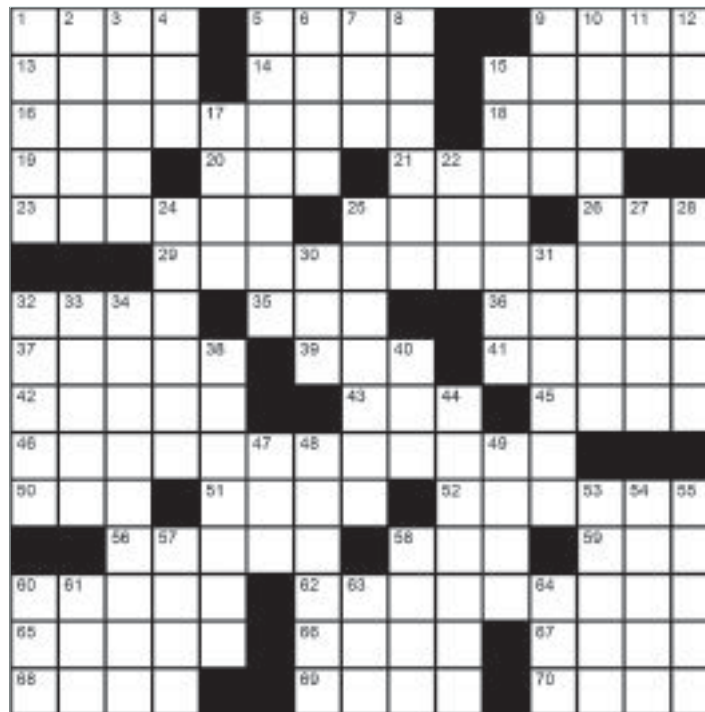
Don't waste your time and energy looking for complicated solutions to what are really quite simple problems. Sometimes you read too much into what is taking place around you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Brain's frontal ____
5. Shape
9. Diminutive suffixes
13. Churchyard = God's ____
14. Hawaii happening
15. Ad
16. BC: Queen ____ Islands (Haida Gwaii, formerly)
18. Heart's "Crazy ____"
19. Energy unit
20. U.S. tax org.
21. Tortilla chips dip
23. Deodorant brand
25. 50 Cent's "Just ____ Bit"
26. 33.3 rpm-ers
29. Pre-Noah flood time, as in Donovan's "Atlantis"
32. Somewhat, in music
35. Ford Explorer, e.g.
36. Electrical pioneer Nikola
37. Bid ____ farewell to
39. "Way cool."
41. Participate
42. 2 to 1, for example
43. Modern
45. Time ____ the essence
46. ____! ____! (Kellogg's Rice Krispies characters Snap! Crackle! Pop! ...as they are known in French)
50. Cardinals player's



baseball cap letters

51. "Titanic" (1997) star Billy
52. Not casual, as clothes
56. Actor Mr. Bridges
58. Dee's predecessor
59. Dynasty of China
60. Barcelona's country

Goddess in Tal

62. Goddess in Tal Bachman's "She's So High"
65. Cavalry creature
66. Actress Sharon
67. Blue dye
68. "M*A*S*H" star Alan
69. Ms. Gaga
70. Grand ____ ON

Down

1. Spiked
2. Rusty hue
3. British singer/activist Billy
4. 'Pamphlet' suffix
5. Broccoli 'blossoms'
6. Baseball stats
7. Informer, to an inmate

Oatsy dried fruit mix

8. Oatsy dried fruit mix
9. Samovars
10. UELAC = United Empire ____ Association of Canada
11. Goth/rock fan
12. Old French coin
15. Contaminate
17. Hold on property

22. Garlic: French
24. Milos ____, Canadian tennis star
25. Move ahead
27. Prefix to 'anthropology' (Human-like fossils study)
28. Eat energetically
30. Switzerland's li'l location
31. Italy's city of canals
32. ____ nationaux du Canada
33. Work ____ (Gallery piece)
34. French actress Marion
38. CBC program hosted by Ann-Marie MacDonald: 2 wds.
40. Ant & ____ (Hosts of "Britain's Got Talent")
44. Hospital attendant
47. Light beam
48. Broadway tune bit: "... ____ that jazz."
49. Nabisco treat
53. Farm animal
54. Cannot be changed, ____ stone
55. Grant
57. Actress Ms. Rinna
58. Actor, ____ Michael Murray
60. Na Na's musical need
61. Parliament Hill fig.
63. French-Canadian ____ soup
64. Tap on

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	8	7	6	9	3	4	5	2
6	2	9	8	5	4	3	7	1
5	3	4	7	1	2	6	8	9
3	5	8	1	4	7	2	9	6
4	9	6	5	2	8	7	1	3
2	7	1	9	3	6	8	4	5
9	6	2	4	8	5	1	3	7
7	4	5	3	6	1	9	2	8
8	1	3	2	7	9	5	6	4

9						3	8
6				1	4		7
	4						
			3	2	6		
	2	7	4	6	8	1	
		9	5	1			
						2	
	7		9	5			8
	5	6					7

Today

23°/14°

Variable

Tuesday

24°/17°

Variable

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